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Nortel needs more time for overhaul: Court report

RESTRUCTURING Nortel Networks Corp., the telecom equipment maker currently fighting for survival in bankruptcy protection, will need a lot more time to develop and implement a restructuring plan, according to a court report.

Ernst & Young, the firm appointed as Nortel's monitor, says in a report filed at Ontario Superior Court the company needs "significant additional time" to overhaul its operations.

Nortel has asked the court to extend its stay of proceedings in the bankruptcy case to July 30 from May 1, the report says.

It also refers to Nortel's layoff of 3,200 people in late February as "the first phase" of global workforce reductions, suggesting more job cuts are looming.

The monitor adds the company — North America's biggest maker of telephone equipment — has made progress on reducing its cash burn and that it's working on a "comprehensive" real-estate strategy and restructuring plan.

REUTERS

Entertainment pg 14



Death Row goes Canadian

Health pg 12



Questions for spa visits



Cristina Trejo, who works at the Mexicana airlines counter, wears a surgical mask she painted a butterfly on at Mexico City's international airport yesterday. Governments around the world rushed to reduce the impact of a possible flu pandemic, as a swine flu virus that has spread to the United States and Canada also reached Europe. **More coverage, pgs 3, 4 & 6**

Closer to pandemic as WHO raises alert

Swine flu spreading with cases reported across the globe

A new virus has killed up to 149 people in Mexico and world health experts moved closer yesterday to declaring it the first flu pandemic in 40 years as more people were infected in the United States and Europe.

The World Health Organization raised its pandemic alert for the swine flu virus to phase 4, indicating a significantly increased risk of a pandemic, a global outbreak of a serious disease.

The last such outbreak, a "Hong Kong" flu pandemic in 1968, killed about one million people.

Although deaths have only occurred in Mexico, more than 40 people in five states were sickened with the flu in the U.S. including 20 at a New York City school.

The streets of Mexico City were a sea of blue surgical face masks as most residents preferred to cover up against infection rather than stay home from work. Cafes, bars, gyms and even law

Blockbuster movie release delayed by swine flu

• A mutant superhero is no match for the swine flu that has killed up to 149 people in Mexico. Hollywood movie studio 20th Century Fox said yesterday it was scrapping plans to release X-Men Origins: Wolverine, the first big

movie of the summer, in Mexico this weekend. A spokesman for the News Corp.-owned studio said the Hugh Jackman action movie would probably be delayed by a couple of weeks. The outbreak has forced Mexico's

top movie-theatre chains to shut down dozens of cinemas throughout the nation's capital, part of a push by authorities to limit large public gatherings that could facilitate the spread of the disease.

REUTERS

courts were closed, however, and the city was eerily quiet.

Mayor Marcelo Ebrard stopped short of closing the packed subway system, saying: "We have to exhaust every avenue before we resort to a complete economic paralysis of the city."

Spain became the first country in Europe to confirm a case of swine flu when a man who returned from a trip to Mexico last week was found to have the virus.

Texas confirmed six cases of the flu and California has 11 people infected. Canada has six cases, all mild.

Mexican Health Minister Jose Angel Cordova warned

the number of cases would keep rising.

Most of the those who died were between 20 and 50 years of age, an ominous sign because a hallmark of past pandemics has been the high rate of fatalities among healthy young adults.

The new strain is worrying as it spreads rapidly between humans and there is no vaccine for it.

Airlines fly more than a million passenger seats in and out of Mexico's international airport every week. Airlines checked passengers for flu symptoms, and many wore masks on board.

Some 33 million school-

children are home as Mexico cancels classes until May 6 to contain the outbreak.

A string of countries including Australia, France, Germany, Norway, Sweden, Israel, Guatemala, Costa Rica and South Korea were testing suspected cases of the Mexican flu.

Spain had 26 suspected cases under observation and a New Zealand teacher and a dozen students who recently travelled to Mexico were being treated as likely cases.

In the first confirmed cases in Britain, Scotland's health minister said two people tested positive for swine flu.

REUTERS

Virus likely to hit city, official says

KATHRYN YOUNG
for Metro Ottawa

VIRUS Ottawa is likely to get cases of swine flu, but there are none confirmed here yet, Dr. Isra Levy, Ottawa's medical officer of health, said yesterday.

"Federal and provincial officials have said that it's pretty likely that we're going to see cases. I would agree with that," he said. "There are no confirmed cases in Ontario or in Ottawa."

However, a handful of people in the city who have returned from Mexico are being monitored, he said.

Levy said the federal and

provincial governments are stockpiling anti-viral medications and have more than 50 million doses.

"The Canadian system has more than a single dose for every member of Canada," he said, but emphasized the scientific community still has to decide when and how they should be used, if the World Health Organization declares a pandemic.

Meanwhile, Canada has not advised people to restrict their travel and has not advised wearing masks, but has asked airport authorities to take more screening precautions.

Canada learned much about pandemic preparation from the SARS crisis six years ago. "We're better prepared," Levy said, with rapid laboratory investigations and plans for who stockpiles protective and anti-viral equipment and how to gear up for vaccine production.

He urged people to use common sense — those who develop a high fever or other signs of influenza such as cough, fatigue or shortness of breath, should restrict their contact with others and see their doctor.



Isra Levy

ShareYourViews

ottawalatters@metronews.ca

Every time a house is sold, the transaction generates an average of \$46,400 in additional consumer spending on furniture, appliances, moving costs, renovations, services and taxes, according to a study prepared for the Canadian Real Estate Association. **METRO OTTAWA**

House sales costly

Local



Grads meeting employers

Around 150 graduating students looking for summer and full-time work will be linking up with around 20 local employers at the Ottawa Centre for Research and Innovation's Journey Out Beyond School event at Confederation High School tomorrow. The event is designed to give upcoming graduates a better picture of the world of work and provides them with an opportunity to network and "interview" with potential employers in a speed-dating style format. **METRO OTTAWA**

City to ask Feds to pay for policing of Tamil protest

TIM WIECLAWSKI
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It cost Ottawa around \$900,000 to police the 15-day Tamil protest on Wellington Street, and the city is passing that bill along to the federal government.

On Monday, the Ottawa Police Services board directed chair Eli El-Chantiry and Chief Vern White to demand the federal government pay for the overtime bill incurred during the round-the-clock protest that ended during the early hours of April 22. "We are constantly ask-

"This is going to cut to the bone if we have to find this \$900,000."

Coun. Maria McRae

ing our chief to come back and reduce his costs," said River Ward Coun. Maria McRae. "This is going to cut to the bone if we have to find this \$900,000."

The federal government offered to pay \$2 million per year to cover policing cost for events associated with the national capital, like presidential visits, but McRae said has nothing to do with the Tamil demonstrations.

The demonstration was

an unprecedented drain on police resources and funding, said Chief Vern White. The sheer volume of participants necessitated the recruitment of additional police personnel from the OPP and RCMP.

On top of the cost, White expressed concern with the public criticism directed at police for allowing demonstrators to block traffic during the first two days, and for not attempting to break up

the protest.

"It's probably the most negative comments I've seen about the police service since I've been the chief," he said. "To be honest, I'm not convinced that the same comments would have been made about the farmer when they were here with trackers and I was concerned a little bit that it was about race."

Sarva Jeyapalan, a Tamil spokesperson who attended the OPS board, said he was glad the city is demanding money from the federal government.

"Canada has one of the largest diasporas of Tamils in the world," he said.



Ottawa Food Bank executive director Peter Tilley stands in front of a record-setting wall of food yesterday. The food was donated by tenants in 181 apartment buildings around the city.

'Incredible' donations

KATHRYN YOUNG
for Metro Ottawa

FOOD BANK Tenants in 181 apartment buildings around the city set a record for gathering 126,000 pounds of food for the Ottawa Food Bank last week, breaking the previous record by 6,000 pounds.

"This is a beautiful sight to see when we think of the dry summer months ahead," said Food Bank executive director Peter Tilley about the stacks of wire cages containing donations organized by the Eastern Ontario Landlord Organization.

"The Incredible Wall of Food — it's an amazing feat," Tilley said. "Hopefully this'll last us a good month."

The food was collected over just three hours last Tuesday evening. The next day, Rogers Cable Communications donated 33 vans and their drivers' time to deliver all the cans, boxes and bags to the Food Bank warehouse where it was stacked into a wall, just for fun and the visual impact.

Now they need volunteers to sort all the food into boxes that go out to the 131 member agencies the food bank supports.

Harry Whitehead, 81, paused in his food sorting to consider the wall that included Cheerios, V-8 juice, soup, beans, toilet paper, Kraft Dinner, peanut butter, fruit salad, tea, coffee and spaghetti noodles.

"This is the biggest we've ever had," said Whitehead, who has volunteered for the past 15 years for "only" four hours every day.

Tilley said agencies have reported a 10 per cent increase in people needing food for the first time. But he said the public has responded well.

"They're aware the times ahead could be tough so we think the public's coming through," he said.

Karen Keskinen, Rogers' community relations manager, said she's seen the Food Bank when it's bare.

"To have a wall of food here, completely filled up, really warms my heart," she said. "This is a need all year round."

News in brief

MONUMENT International activist Marilyn Waring of New Zealand was in Ottawa yesterday to read from her latest book, *1 Way 2 C the World*, and appeal for donations to support the Canadian Tribute to Human Rights Monument on Elgin Street. Details are at www.cthr-mcdp.com.

MUGGING Police are searching for two suspects who mugged a 20-year-old male near the intersection of Meadowlands Drive at Claymor Avenue just after midnight on Monday. The victim was assaulted and threatened with a knife. Anyone with information is asked to contact Crime Stoppers at 613-233-8477 (TIPS). **METRO OTTAWA**

metronews.ca
WHAT'S ONLINE TODAY

Video The new military chaplain at Kandahar base has had an emotional start to her tour of duty at metronews.ca/canada
Video Swine flu fears lead to increased screening of incoming Mexican workers and officials urge Canadians to take measures to avoid the virus at metronews.ca/canada

Lotteries
Ontario Pick 3: 8 4 4; Ontario Pick 4: 9 2 6 3
Encore: 6580248
Daily Keno: 1, 5, 6, 7, 12, 21, 22, 23, 24, 27, 35, 40, 41, 42, 51, 53, 55, 61, 62, 69
These results are not official.

Warm weather Soak up the sun



First-year University of Ottawa students Carolyn Beaudoin, from left, Lainey Miller and Nadine Holland soak up some sun on the lawn near the Rideau Canal while they study for final exams. Hundreds of people took advantage of the sneak peak at summer weather that saw temperatures reach 30 C yesterday. The warm weather is not expected to last long. Environment Canada is forecasting temperatures below 20 C for the rest of the week.

Labour, government officials to gather to honour fallen workers

TIM WIECLAWSKI
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LABOUR Not far from the site of one of the worst construction accidents Canada has ever seen, labour and government officials will gather at noon today to observe the National Day of Mourning for people killed the workplace.

The ceremony will take place at the national monu-

ment to workers killed and injured on the job in Vincent Massey Park close to the Heron Road Bridge. In August 1966, the nearly completed bridge collapsed, killing nine workers and injuring 55 others.

This is the 25th year since the Canadian Labour Congress first observed the National Day of Mourning, which became a national observance in 1990.

April 28 was chosen to

mark the day in 1914 when Parliament passed the Workers Compensation Act.

Federal Labour Minister Rona Ambrose and NDP Leader Jack Layton will speak at the ceremony, as well as representatives from the Canadian Labour Congress, Canadian Building Trades and the Ottawa and District Labour Council.

About 60 organizations and individuals will lay

wreaths or roses.

"Any time there is a ceremony in recognition of a worker that died in the workplace, it's significant," said Ottawa and District Labour Council president Sean McKenny. "Last year there were over 1,000 workers in the country that died as a direct result of the workplace."

In Ontario there were 488 reported workplace fatalities last year.

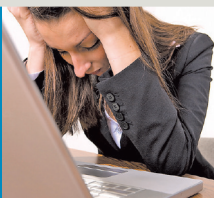
Workers and their families and friends are urged to stay alert, educate themselves on workplace dangers, stay informed and share their workplace knowledge so everyone can thrive in a healthy and safe work environment.

All city and government flags will fly at half-mast from sunrise until sunset today. The day is observed across Canada and in more than 70 countries.

Child healthy after spending night in a forest

Quebec provincial police said it's a miracle a year-old boy was found in good health after he spent a cold night alone in a forest in the province's Eastern Townships. The child spent about 12 hours in the forest Saturday night wearing just a T-shirt and diaper in rainy, five-degree weather. **CBC NEWS ONLINE**

Canada



Job stress linked to depression

Want to reduce your risk of depression? Cut on-the-job stress. During a 10-year period, researchers found that workers who had high-strain jobs but then later perceived their work as less stressful had the same risk of major depression as their peers in low-strain jobs. "These results indicated that interventions targeted to reducing job strain may significantly reduce the risk of depression," Dr. Jian Li Wang, of the University of Calgary, said in a study in the American Journal of Epidemiology. **REUTERS**

Flu treatable: Expert

Microbiologist says early care, anti-viral drugs effective

The disease may be the same but Canadians likely have a more robust immunity to a swine flu outbreak than people in Mexico, where it has killed up to 150.

The ailment appears to be eminently treatable if caught early, which is more likely to happen here with our ready access to care and vigilant public health system, says a top Canadian microbiologist.

Bhagirath Singh, head of infectious disease with the Canadian Institutes of Health Research, said early treatment of the flu with common anti-viral drugs appears to provide an effective antidote.

With public health agencies poised to pounce on and treat any suspected cases, he said, Canadians may not have to worry about it



Canadian tourists, about to board a plane home, put on surgical masks as they walk inside Mexico City's international airport Benito Juarez yesterday. Flight crews wore the masks while passengers were given the option to wear them.

causing widespread mortality here.

While Singh stressed it is too early to know what has caused the mortality difference between Canada and Mexico, he said earlier ac-

cess to treatment is a likely explanation.

The disease combines portions of four different influenza strains in ways never seen before, experts say. Nevertheless, it appears

to be readily controlled by the two common influenza drugs, Tamiflu and Relenza, said Dr. Susy Hota, an infection control specialist at Toronto's University Health Network. **TORSTAR NEWS SERVICE**

Officials expect swine flu deaths

ILLNESS Canadian officials yesterday predicted some people in Canada would die from a swine flu outbreak that started in Mexico and said they might advise citizens to avoid nonessential travel to Mexico.

Canada has six confirmed cases of swine flu, all of them mild. "Simply because we're seeing mild symptoms so far does not mean we can take this for granted. We will likely see more cases, we will likely see more severe illnesses and we will likely — unfortunately —

see some deaths as well," Canadian chief public health officer David Butler-Jones told a briefing.

"We hope not. But that is a normal part of an influenza outbreak of any type."

In the western province of Saskatchewan, health officials said they were awaiting laboratory results of three possible human cases of swine flu. The trio has shown flu-like symptoms and either been to Mexico in the last 10 days or come in close contact with others who have. **REUTERS**

"We will likely — unfortunately — see some deaths."
David Butler-Jones

Canada places no travel ban on Mexican migrant workers

OUTBREAK U.S. and Canadian authorities have imposed no travel restrictions on thousands of temporary Mexican migrant workers in response to the swine flu outbreak, and farmers say they have no immediate concerns about worker shortages.

Governments around the world rushed to reduce the impact of a possible flu pandemic yesterday, as a virus that has killed up to

149 people in Mexico and spread to the United States and Canada also reached Europe.

In Canada, where thousands of Mexicans temporary workers labour in intensive fruit and vegetable farms, authorities said no restrictions were currently imposed on travel, although temporary workers were being screened carefully before departure from Mexico. **REUTERS**

News in brief

INQUIRY Fred Doucet, a former chief of staff to Brian Mulroney, testified yesterday at a public inquiry that is probing business dealings between Mulroney and Karlheinz Schreiber, that he has "no memory" of a memo written to Schreiber confirming that Airbus planes had been delivered to Air Canada. **TORSTAR NEWS SERVICE**

Obama aide touted as envoy

AMBASSADOR He was once described as having a mix of "entrepreneurial know-how and evangelistic zeal," and a preference for black T-shirts and four-day-old beards over suits and ties.

Meet David Jacobson, a senior fundraiser for Barack Obama who is poised to be-

come the next United States ambassador to Canada.

This "smart, talented" Chicago lawyer would be an "inspired choice," Washington sources say.

Reached at the White House yesterday, Jacobson, 57, politely declined to talk about the speculation he

would soon be coming to Ottawa to represent the United States.

As deputy finance chair of Obama's campaign, helping to deliver millions of dollars in donations, Jacobson likely had his pick of political postings. **TORSTAR NEWS SERVICE**

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Police in Surrey say they do not expect to lay any charges after a two-year-old girl was struck and killed by her mother's SUV. Surrey RCMP said the little girl was left at home with her brothers when her mother went to run some errands around 11 a.m. Sunday. **CBC NEWS ONLINE**

Province probes possible flu cases

As Ontario investigates 10 to 12 potential cases of swine flu, the world is one step away from declaring the illness a global pandemic emergency.

The World Health Organization yesterday moved the global pandemic alert level to four out of six as the novel strain of swine flu proves to spread readily from person to person. Mexico, where up to 149 have died, is in a state of public health crisis and the streets in the capital of Mexico City, home to more than 20 million, are empty.

Thousands more across the world are ill as infectious disease experts from Canada, the U.S. and the WHO struggle to contain the spread.

Market reaction

Investors fled investments in air, land and sea yesterday as fears of a flu pandemic rekindled memories of the Asian SARS crisis that caused widespread industry turmoil six years ago. From Sydney to New York, selling hit the world's leading airline brands, hotels and cruise operators and the cost of insuring airline debt rose following the outbreak of swine flu.

Scotland, Canada, the United States and Spain all now report cases of swine flu.

More than one million Canadians visit Mexico each year, mostly in the winter

Roughly 19,000 people travel between Canada and Mexico during an average week in April, said Kamran Khan, an infectious disease specialist at St. Michael's Hospital in Toronto.

SARS-experienced Ontario has stealthily operated at a level four pandemic alert since the weekend, holding constant high-level briefings with regular updates sent to all hospitals and care providers.

A handful of Canadian cases have been reported in teenagers in Nova Scotia, and, in British Columbia, but, Ontario has not had one positive lab test result.

Fifty Ontario tests have come back negative.

TORSTAR NEWS SERVICE

Parliament CBC testimony



Canadian Broadcasting Corporation president and chief executive officer Hubert Lacroix prepares to testify before the Commons heritage committee on Parliament Hill in Ottawa yesterday.

News in brief

GREEN AUDITS A backlash from consumers and the real estate industry over a plan to require energy audits every time a home is sold has prompted Energy Minister

George Smitherman to back down. The audits — which raised concerns that information could be used to beat down the seller of a home on price — will no

longer be mandatory under amendments to the government's Green Energy Act now working its way through the legislature.

TORSTAR NEWS SERVICE

INFORMATION FEATURE

Peer pressure can lead to gangs



Once in a gang, kids can feel trapped, often afraid to seek help for fear of reprisal, says Kids Help Phone counsellor Maria Montanaro.

GANGS Gangs threaten to claims the lives and futures of kids but there is hope — and real help — found in reaching out.

After being seduced by prospects of power and money into joining a gang, many kids quickly realize the dangers are far more real and benefits far less glamorous than they initially imagined.

Once the fantasy of gang life wears off and harsh reality sets in, kids looking for a way out can feel trapped, hopeless and

scared.

"There are real dangers and real risks when you're in a gang," said Maria Montanaro, a counsellor at Kids Help Phone. Montanaro, 50, has counselled kids at Kids Help Phone for 10 years and spent 15 years before that working as a youth protection worker.

Montanaro says kids get pulled into gangs for many different reasons, often hoping for a sense of belonging and acceptance, to feel protected or be-

Contact

Kids Help Phone can be reached at 1-800-668-6868.

cause of peer pressure by friends or even family members who are already in gangs. Once there, many kids realize that gang life is scary and dangerous and a large number of gang-related calls Kids Help Phone gets are from kids who have gotten into gangs and want to

find a way out.

"Often they're not finding the acceptance they were looking for, or they might have seen something happen they don't agree with. Often they're telling us, 'This is not what I wanted to get into,'" Montanaro said.

Once inside a gang, kids can feel trapped and vulnerable and afraid to seek

help for fear of reprisals from the gang and the more entrenched in a gang a kid is, the stronger those feelings of helplessness can get.

"Kids don't always have the life skills or the coping mechanisms to know what to do — for kids who are involved in hard-core gangs,

it can be very difficult to make that call," Montanaro said.

No matter how bad things can seem for kids stuck in a gang, there is a lot of help out there and the first step can be making a call to Kids Help Phone, where conversations are completely anonymous and counsellors never pressure kids to take steps they don't feel comfortable in taking.

"There are no strings attached. We don't track down phone numbers and we don't ask who you are. We work with kids to let them come up with their

own conclusion.

sions," Montanaro said.

The most important step, Montanaro says, is to realize that gang life doesn't have to be a prison and something doesn't feel right, you need to seek help.

"If you feel like this is not okay, listen to that gut feeling."



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The flu virus spreading around the world should not be called "swine flu" as it also contains avian and human components and no pig was found ill with the disease so far, the World Animal Health body said yesterday. A more logical name for it would be "North-American influenza". **REUTERS**

World



Breastfeeding helps mothers

Breast is best, not only for the infant but also for the mother. New research shows that extended breastfeeding may lower the mother's risk of high blood pressure, diabetes, high cholesterol, and cardiovascular disease after menopause. The finding, which is reported in the journal *Obstetrics and Gynecology*, is based on a study of 140,000 mothers who breast-fed their infants. **REUTERS**

Mexico City thieves hidden by flu masks

Three armed thieves wore the blue surgical masks now ubiquitous in flu-hit Mexico City to hide their faces as they robbed watches from a department store, Mexican media said yesterday.

Employees and security guards at a branch of the Sanborns department store told the daily *Excelsior* the thieves slipped through the shop on Sunday without attracting attention as they blended into a sea of masked shoppers.

One of the robbers threatened store assistants with a gun while another guarded the door and the third helped himself to watches from the jewelry department.

Opportunists

- Exploiting worries over the swine flu outbreak, spammers flooded the Internet with millions of emails peddling counterfeit drugs and seeking to steal credit card data, the McAfee computer security firm said.

As panic over a new strain of flu grips Mexico, banks in the Mexican capital have been forced to abandon normal rules over not letting in customers wearing face coverings. The government took emergency measures over the weekend and advised residents to wear face masks at all times outside their homes. **REUTERS**



A health worker stands ready to ask passengers to remove any headgear before temperature screenings at the International Airport in Hong Kong yesterday. Asia, a continent that has battled deadly viruses in recent years, began taking steps over the weekend to ward off a new flu virus. **REUTERS**

Mexico struck by powerful quake

A 5.6 magnitude earthquake hit southern Mexico yesterday, shaking buildings far away in the capital, Mexico City, but there were no immediate reports of deaths or damage.

Hundreds of people evacuated buildings in the capital, home to more than 20 million people.

The quake's epicenter was 240 kilometres away in the southern state of Guerrero, home to the Pacific resort of Acapulco.

Obama plane photo-op startles New York City

AVIATION An authorized photo opportunity involving U.S. President Barack Obama's backup plane flying over the Statue of Liberty created a stir in lower Manhattan yesterday, evoking memories of the Sept. 11 attacks. Obama was not on board.

The city notified businesses but not the general public, which is sensitive to such incidents in lower Manhattan, site of the 2001 attacks on the World

Trade Center.

The mid-morning flyover made traders jittery at the New York Mercantile Exchange. A NYMEX spokeswoman said the bourse was not evacuated.

"There's three aircraft that are an approved military photo op above New York City," said Jim Peters, a spokesman for the Federal Aviation Authority. "It's the backup aircraft for Air Force One," he said.

REUTERS

Rural Afghan women shrugging off family law

AFGHANISTAN President Hamid Karzai said yesterday a controversial law which contains harsh provisions on women would be amended, while Shi'ite farm women in a remote Afghan valley shrugged off the law's contents, saying it largely reflects the reality of lives governed by their husbands.

The law, which applies to Shi'ite Muslims who make up about 15 per cent of Afghanistan's population, requires women to satisfy their husbands' sexual desires. Opponents say

this could be used to justify marital rape.

Karzai said the law would be changed to bring it in line with the constitution, which guarantees equal rights for women, and international treaties the country has signed.

Although many rural farm women have no interest in legal battles or political liberation, their celebration of freedoms won through literacy courses show there is appetite for change even in remote corners of the country.

"Before, we couldn't

Population

- Only around 15 per cent of Afghanistan's population are Shi'ites, but the new law for them is seen as a countrywide test of women's rights.

even go shopping alone because we could not tell the Afghani (currency) notes apart," said Guljan, a 22-year-old mother who lives in the Iraq valley. "After we came to the literacy circles, we became brave enough to speak out," she

said, adding the women were willing to sit and talk with strangers including men, without covering their faces.

Only 18 per cent of Afghan women can read and write, according to the United Nations. But the head of the British-funded women's program that Guljan attended says the low figures are not due to lack of interest. More than 3,000 women in nearly 200 villages attended the circles over the last 18 months and demand outstripped supply. **REUTERS**

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Serbian worker cuts off own finger in wage protest

BELGRADE A Serbian union official who chopped off his finger and ate part of it in a protest over wages that in some cases have not been paid in years, said yesterday he did it to show how desperate he and other workers were.

"We, the workers have nothing to eat, we had to seek some sort of alternative food and I gave them an example," Zoran Bulatovic told Reuters. "It hurt like hell."

Bulatovic, a union leader at the Raska Holding tex-

tile factory in southwest Serbia, sawed off most of his left-hand little finger on Friday. Raska Holding was a major producer in the late 1980s with a staff of 4,000, but massive job cuts in later years left the company with 100 workers. **REUTERS**

News in brief

TRIAL Government prosecutors said former Private 1st Class Steven Green, on trial in the gang rape of an Iraqi girl and the murder of her family in the war zone in 2006, wanted to kill Iraqis "nonstop," and later bragged about what he had done as "awesome." **REUTERS**

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Britain creates pay equality bill

Britain has moved to curb workplace gender discrimination with a bill that will force companies to reveal pay gaps between men and women. **REUTERS**

world 7

Afghan girls' school feared hit by poison

Five Afghan teachers and 40 of their pupils, most of them girls, have been admitted to hospital with severe headaches after a suspected airborne poison attack, the Public Health Ministry said yesterday.

They fell ill on Sunday afternoon during a ceremony at a school in the Sadiqi district of Parwan province, some 70 kilometres north of the Afghan capital, Kabul.

"Among them there are five adults and 40 children, most of them girls, who have been affected," Dr Ab-

dullah Fahim, spokesman for the Public Health Ministry said.

"For the time being, it seems to be airborne poisoning. But it's not confirmed yet what the actual reason is," Fahim said.

Until 2001, when the Taliban was overthrown by U.S.- and Afghan-led forces, women were prohibited from going to school or work, but Parwan is a relatively safe area, not known for Taliban activity.

Fahim said he could not rule out terrorist involvement in the incident.

Rise in attacks

- Attacks on girls schools have increased in the past year, particularly in east and south Afghanistan.
- Last year a group of schoolgirls in Kandahar had acid thrown in their faces by men who objected to them attending school.

The governor of Parwan, Abdul Jabar Taqwa, said he had visited the hospital and most of the patients appeared to be in good health. **REUTERS**

Pirate Bay lawyer files for retrial, citing judge bias

STOCKHOLM Four men jailed for breaching copyright in connection with Pirate Bay, one of the world's largest file-sharing websites, should be given a new trial because the judge was biased, a court heard yesterday.

Judge Tomas Norstrom's memberships of several groups for copyright protection should have disqualified him, said the lawyer for one of the men, Carl Lundstrom.

The four men were each given one year in jail for breaching copyright and ordered to pay \$3.6 million in April. **REUTERS**

Israel A whale of a find



Researchers from Haifa University inspect the skeleton of a 14-metre whale in the coastal city of Ashkelon yesterday. Researchers unearthed the remains of the two-year-old whale calf that died on Israel's shores in 2008.

Russian cop opens fire in supermarket: Police

MOSCOW An off-duty Russian police officer killed at least three people yesterday in a shooting spree in a Moscow supermarket after a family row at his birthday party, officials said.

Russian news agencies said Major Denis Yevsyukov, chief of a Tsaritsyno district police sta-

tion, allegedly began firing at random shortly after midnight in a supermarket after having a fight with his wife and father-in-law at his party.

The station reported that Yevsyukov, who had just turned 32, allegedly shot a female cashier in her face, instantly killing her, and

fatally shot a male shopper in the chest. At least three people were killed in the shooting. Russian news agencies said six or seven people were wounded and some were in hospital. Moscow police chief Vladimir Pronin said Yevsyukov has no memory of the event. **REUTERS**

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Comment & Views

Comment

A romantic in our midst

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Michael Ignatieff's new book serves a stabbingly clear purpose.

When you've been out of the country so long that you're accused of being a stranger in your own land, how about titling your book, True Patriot Love, as a shin-kicking riposte?

The little volume, published by the Penguin Group, has a big first print run of 22,000. There's a lot riding on it. Not only does the Liberal leader want to dispel any suggestion of unfamiliarity with the country, he is seeking to present himself as a nation builder — someone who will move beyond functional, retail

politics to something more inspiring.

Without supplying the necessary details, he talks of building new east-west links, energy corridors, power grids, European-styled high-speed railways. Canada, he says, has to let its imagination blossom.

Coming from famous lineage on both sides of his family, which he has often written about, Ignatieff has a romanticized view of his own life. What is apparent in True Patriot Love is that he is now seeking to extend that romanticism to his country.

A romantic in our midst? Maybe it's time. Visionary, patriot talk has been absent from the Canadian vocabulary for two decades. Big-project leaders haven't been around since Brian Mulroney and Pierre Trudeau. Jean Chretien drove a Chevy, so to speak, Stephen Harper a Camaro. Mounting his white steed, Count Ignatieff says we're not quite that boring.

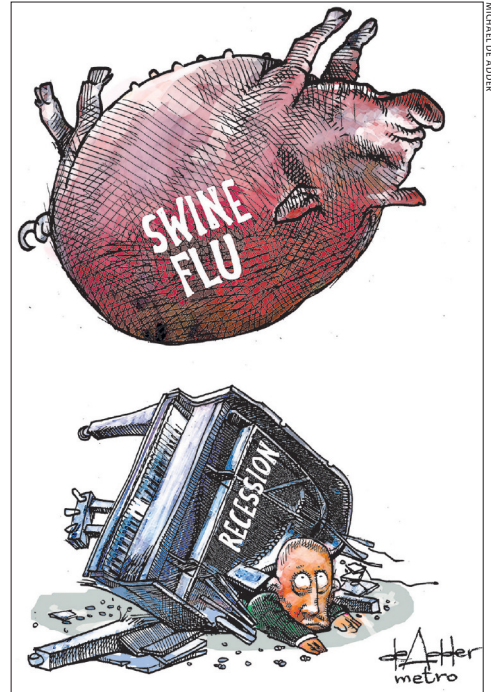
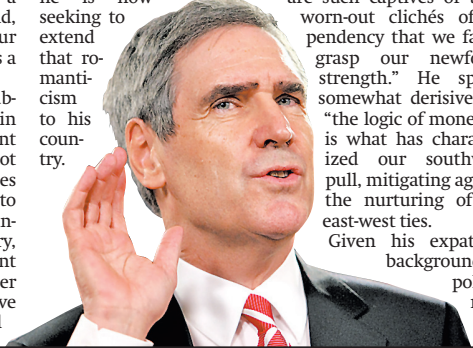
Lamenting our preoccupation with the United States, he writes that "we are such captives of these worn-out clichés of dependency that we fail to grasp our newfound strength." He speaks somewhat derisively of "the logic of money." It is what has characterized our southward pull, mitigating against the nurturing of our east-west ties.

Given his expatriate background, politics re-

quires that Ignatieff play the patriot card. But there is much to suggest that he truly believes in big-dream leadership. So much of his writing over the last three decades has been about ties that bind people. In True Patriot Love it's like he is seeking to feel Canada. Sensitivity is the hallmark of his prose style, which is sometimes evocative, sometimes overbearing. But what is clear is that he has, in fact, done a lot of thinking about this country.

Critics are already lampooning his mega-project talk as economically unrealistic. Michael the Romantic's response is that economics can't be the sole arbiter. What, he asks, would great leaders like Macdonald or Laurier tell us? They would say "the country wouldn't exist at all if the logic of money had determined our destiny."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL LE ADOUR

Views

The recession and challenges of churches



Ed Cowan

Reports are telling us that during this terrible recession many who have lost their jobs, their homes, their retirement savings, and even their families, are turning to their churches for faith, hope and, in some cases, charity, the three great virtues called for in the New Testament.

Faith, they continue to get plenty of, and, in some cases, some charity. But it is in the area of providing hope that they have proved to be "hopelessly" inept, incompetent, inexperienced, and for all intents, mostly useless. For the first time in many decades, our churches have failed miserably

when we have needed them most. Maybe it's because the current generation of church leaders have no idea of how to communicate the conviction of hope.

U.S. President Barack Obama knew. His Hope T-shirts and stickers sold and continue to be sold in the hundreds of thousands.

Anne Frank knew. In her legendary book, The Diary Of A Young Girl, she proclaimed, "Where there's hope there's life. It fills us with fresh courage and makes us strong."

The unfortunate inaction by churches everywhere reminds me of two 1970s moments. One was when Richard Adams introduced in his first novel, Watership Down, the now recognized word, "tharn," meaning, frozen or stupefied in terror, caught in the head-

lights of an oncoming disaster.

The second was when, in more than 350 newspapers with circulation of more than 10 million readers, L'il Abner cartoonist Al Capp developed the hapless character Joe Btfsplc, the world's most loving friend and the worst jinx, who always travelled with a dark cloud hanging over his head, perpetually symbolizing his and society's bad luck.

Unfortunately, this seems to be where churches are on fully understanding the message of hope, the need for hope, and the opportunity presented by hope.

In 2006, noted psychologist Anthony Scioli developed an integrated theory of hope that consists of four elements — attach-

ment, mastery, survival and spirituality, which includes contributions from psychology, anthropology, philosophy and theology.

Surely, in the name of disambiguation, our spiritual leaders in churches, synagogues and mosques can grasp this idea, this challenge, and take hold at this most wearisome juncture to help their parishioners through these incredibly trying times, and to guide them vigorously, utilizing an impassioned, curative dosage of hope.

And to provide, as Anne Frank put it so aptly, "the fresh courage to make us strong."

Ed Cowan is a media and communications consultant. He's also been a member of the board of directors for the Writer's Development Trust and the Periodical Publisher's Association of Canada.

Worth mentioning

Foundation proposes global 'Mandela Day'

The Nelson Mandela Foundation proposed yesterday a global "Mandela Day" for July 18 to help inspire people to improve lives within their communities.

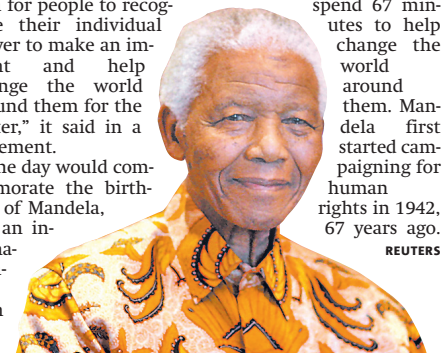
"This celebration of Nelson Mandela's life will serve as a global call to action for people to recognize their individual power to make an imprint and help change the world around them for the better," it said in a statement.

The day would commemorate the birthday of Mandela, 90, an international icon and

former South African president who led the country out of apartheid in 1994.

The foundation, and 46664, Mandela's AIDS awareness charity, said the Mandela Day campaign would call upon people around the world to spend 67 minutes to help change the world around them. Mandela first started campaigning for human rights in 1942, 67 years ago.

REUTERS



Metro Online Poll Results

40% SAID YES

Is there too much fuss being made about swine flu?

Weigh in on today's question at metronews.ca

60% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.


Mobile web usage rose 19.3% in March: Opera

Global mobile data traffic surged 19.3 per cent in March, the fastest pace in 10 months, but in many countries the traffic is coming from old cellphone models, Internet browser firm Opera said yesterday. Wireless operators are keen on raising revenue from Internet browsing as revenue from traditional voice calls is declining. **REUTERS**

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Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can women fix the economy?

Equal gender balance in management is best, research says

It's difficult to answer if the world economy would be as bad as it is now if more women had been in charge. The economic crisis, though, could put a spotlight on what women offer as leaders who could help repair the damage.

Research from the London Business School supports the fact that an equal male-female split in a management team is best for promoting innovation in teams, said Elisabeth Kelan, who helped set up the Centre for Women in Busi-

"Would greater gender balance ... have produced a different outcome? Probably."

Prof. Alice Eagly, Northwestern University

ness at the school.

Women executives say having to handle a family as well as a career gives them skills which can be useful in management.

Goal-driven (mostly male) management teams in the financial services industry have been blamed for a culture of excessive risk-taking that has crip-

pled the global banking system.

"Would greater gender balance in decision-making have produced a different outcome? Probably," said Alice Eagly, professor and chair of psychology at Northwestern University.

"Psychological research suggests that women are somewhat less willing

than men to take risks."

Men's leadership style is known as "transactional," which is basically carrot and stick. This approach is deemed ill-suited to cutting-edge companies, where management structures are flatter and less hierarchical.

Women's management style is characterized as more relationship-based that aims to encourage and empower. Putting the two together provides a more balanced mix.

REUTERS

Toronto Airport set to expand



Twelve-year-old Kaiyash (last name withheld) holds a sign as he protests the planned expansion of the Toronto City Centre Airport in Toronto yesterday. Porter Airlines said yesterday it will invest more than \$45 million in a new passenger terminal at the airport as the closely held carrier looks to win a larger share of the Canadian market.

Business in brief

AUTO General Motors Corp. said yesterday it expects to reduce its hourly Canadian workforce to 4,400 by 2014 from 10,300 in 2008, mostly through

previously announced plant closures, as part of its plan to return to viability.

FLU The threat of a pandemic triggered by the new swine flu

strain will provide a windfall for some makers of drugs and vaccines. Switzerland's Roche Holding AG and Britain's Glaxo-SmithKline Plc are the two big

pharmaceutical groups set to benefit most as governments and corporations step up orders for their drugs Tamiflu and Relenza.

REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



SmartCookies



South of the border, our neighbours have dedicated an entire month to the importance of establishing and maintaining healthy financial habits by proclaiming April Financial Awareness Month. We thought we'd help spread the word by sharing some of our suggestions of how you can get more familiar with your finances.

Know Your Numbers

The first thing you need to do when you decide it's time to get your financial house in order is to learn about its foundation.

To do this, you will need

to know your numbers. You'll need to know what's coming in each month and what's going out each month (non-fixed expenses).

We encourage you to sit down, pull out your statements, and add your numbers up. When we first did this exercise, we were shocked at how much we were spending on non-essential items and we are willing to bet that you will be too. For an easy to use template to track your spending, visit smartcookies.com.

Organize Your Debt and Build Up a Safety Net

Next, make a list of your debts owing, ranking from highest to lowest interest rate. Develop a plan on how to pay that money back, starting from the top of the list. For some of us, this meant taking on part-time jobs and contract work, or cutting out non-essentials from our spend-

Getting back to basics



Sit down, pull out your statements, and add your numbers up.

ing plan, and for others it meant using the equity in our home.

Once you are debt-free, build yourself a cushion of at least four to six months salary. And make sure you are investing your money in a tax-free savings account. You work hard for your money; make sure it is working for you.

Fix Your Fico

FICO scores, the credit scores most lenders use to determine your credit risk, range from 300 to 900. The higher your FICO score, the lower risk you are considered to be to a creditor — and the less interest you'll pay.

Most importantly, you should review your credit

report and know your credit score. Requesting a copy of your credit report for personal use does not affect your credit score. To order a copy of your credit score, visit transunion.ca or equifax.ca.

To keep your score high you should be making monthly payments on time, aim to have long-

"To keep your score high you should be making monthly payments on time, aim to have long-term credit in your name and keep your total balance owed to 35 per cent or less of your total credit available."

term credit in your name and keep your total balance owed to 35 per cent or less of your total credit available.

For more money saving tips, pick up a copy of our book *Smart Cookies Guide to Making More Dough* on sale in bookstores everywhere. You can email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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New family, new job, new taxes?

MoneyMatters



Q Every year, for the past six years, I have prepared and filed my own tax return. However, I got married early last year and my new bride had two kids from a previous marriage. Additionally, I was laid off last year and rehired as an independent consultant. Should I go at it alone?

— Adrian

A The tax-filing deadline for most is midnight April 30. Self-employed individuals and their spouse have 45 days extra, to June 15, to file. The decision to engage the help of a tax professional is one that you must make yourself. Preparing a tax return can be simple but it ultimately depends on the ability of the preparer. What is simple for one, can be complex for another.

You do have several new issues such as child deductions and credits, spousal amounts and transfers, but most concerning is self-employed income.

You will need to know



Henry offers some tax advice after marriage, which includes two children, and becoming self-employed.

the tax rules pertaining to self-employed individuals. For the adventurous, here are few tips to help you not miss out on major tax savings:

Tax Credits

- All taxpayers can claim the basic personal amount of \$9,600. Individuals should have no income taxes to pay, if income less than this amount.
- Claim for spouse or common-law partner \$9,600, if spouse has nil income; less if spouse works.
- Single, separated or divorced claim for children under 18 anytime during the year.
- All taxpayers can claim CPP, EI, Transit, and Canada employment amount (not for self-employed).
- Taxpayers can claim children fitness credit, up to \$500 for each child.
- The Tuition and education amount. This claim is

missed by many taxpayers, particularly students that have no income and fail to file a tax return. Parents miss out on transfer credits. Students can obtain a copy of form T2202A from education institution website.

There are many other credits and deductions. Check out CRA website or get professional guidance.

Henry Choo Chong, CGA, can be reached at choochonghcgga@yahoo.ca.

Investing



Allan Small discusses the importance of the U.S. bank stress tests. Visit metronews.ca/investing

Thomas, Mason highlight Vezina nominees

Tim Thomas of the Boston Bruins, Niklas Backstrom of the Minnesota Wild and rookie Steve Mason of the Columbus Blue Jackets are the finalists for the Vezina Trophy as the NHL's top goaltender, the league announced yesterday. **METRO NEWS SERVICES**

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Sports



NASCAR says fans are safe

Despite injuries to fans from flying debris, NASCAR is satisfied with its safety standards, saying the fence at Talladega Superspeedway did what it was supposed to do and keep Carl Edwards' car, left, out of the grandstands. In a spectacular last-lap accident Sunday, Edwards' car sailed upside-down into the fence. One fan remained in hospital with a broken jaw yesterday.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONWS.CA

Brashear suspended six

NHL The NHL has suspended Washington Capitals forward Donald Brashear six games for two separate incidents in Game 6 of Sunday's Eastern Conference quarterfinal with the Rangers. The Caps' enforcer was suspended five games for his hit on the Rangers' Blair Betts midway through the first period. Brashear caught Betts with a shoulder to the chin with the Rangers' pivot having just dished the puck to a teammate at centre ice. Brashear was also hit with a one-game ban for making contact with Rangers forward Colton Orr during pregame warmups.

METRO NEWS SERVICES

CONCACAF cancels rest of under-17

FLU CONCACAF is cancelling the remainder of its under-17 championship in Mexico because of concerns about swine flu. Costa Rica, Honduras, Mexico and the United States have clinched spots in tomorrow's semifinals, which was being played in Tijuana. Mexico is the epicentre of the swine flu outbreak. Canada was eliminated from the tournament over the weekend and travelled to San Diego by bus Sunday morning.

METRO NEWS SERVICES

Sports in brief

BOXING Former heavyweight boxer Greg Page, who suffered a severe brain injury in a 2001 fight, died at his Kentucky home yesterday. He was 50. The March 9, 2001, fight left Page in a coma for nearly a week.

METRO NEWS SERVICES

New Clemens book details his Jays days

Even after two books detailing Roger Clemens' involvement with steroids, Blue Jays president Paul Beeston remains shocked that the former Blue Jays star is defending his career and character against steroid abuse.

Details, including former Jays strength coach Brian McNamee's trepidation over injecting Clemens in the buttocks, surfaced in excerpts this week from an upcoming book entitled "American Icon: The fall of Roger Clemens and the Rise of Steroids in America's Pastime." Written by the award-winning sports I-Team at New York Newsday, the book exposes the last decade of Clemens' career, including alleged steroid injections while with the Jays in 1998, and various extramarital relationships.

For a full recap of last night's Jays/Royals game, visit metronews.ca



"Yeah, to be honest with you (I'm shocked)," Beeston said yesterday.

McNamee recalls in the book how Clemens, with a 6-6 record in 1998 and fading from the form he showed as a Cy Young winner the year before, asked him for assistance with a liquid in a glassine

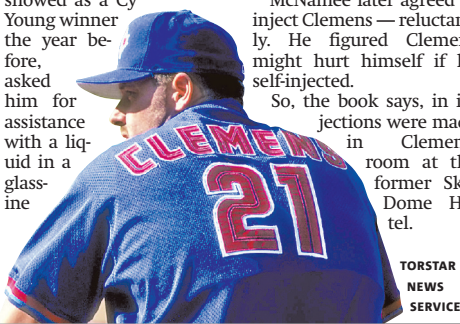
bottle because "I can't inject it in my booty."

Clemens at first showed McNamee an aspirin-like bottle containing white pills, and said "what do you think of these."

Jose Canseco, the Jays DH at the time, sitting in an adjacent locker, said "that looks like Anadrol-50," then popped a couple of the tablets into his mouth.

McNamee later agreed to inject Clemens — reluctantly. He figured Clemens might hurt himself if he self-injected.

So, the book says, in injections were made in Clemens' room at the former SkyDome Hotel.



TORSTAR NEWS SERVICE

NHL Flames try to stay alive



The Blackhawks' Duncan Keith collides with The Flames' Olli Jokinen last night. With Calgary facing elimination, defenceman Dion Phaneuf sat the game out after taking a hit in Saturday's Game 5. For a complete game recap, visit metronews.ca/sports.

For a complete recap of all NHL and NBA playoff action, visit metronews.ca/sports



Another CIS standout heading south to the NFL

PERRY LEFKO
for Metro Canada



Running back Jamall Lee is about to fulfill a dream by becoming a professional football player, following in the footsteps of his father, Orville, more than 20 years ago.

But whereas his father commenced his career with the CFL's Ottawa Rough Riders in 1988, Jamall will start his journey in the NFL, specifically with the Carolina Panthers.

Following the conclusion of the NFL Draft Sunday, the Panthers signed the 22-year-old B.C. native as a free agent. Lee played four years

with Bishop's University in Quebec, amassing more than 4,200 rushing yards and impressing people with his speed and size.

Lee had some discussions with the Panthers in the weeks leading up to the draft, leading him to believe they would select him as a free agent.

"There was a lot of interest and if it was going to be only one team it was going to be that team, but it was still amazing to hear it," he told Metro News.

"It felt great to get the phone call. This is one of the big goals, but there's many more," he added.

"You've still got to make the squad, you've got to

stay healthy, you've got to make the team and work your way up. When I get down there, I've got to give them a reason for me to stay."

He leaves Thursday for the Panthers' mini-camp.

"I'd be lying if I said I wasn't nervous or anything like that, but I have a lot of people around me and people who have

Jamall Lee is the son of former CFL star Orville Lee.



been through the experience, whether the NFL or the CFL, and they've all been passing their knowledge on to me, so I feel I'm prepared that way."

Lee is eligible for the CFL Draft, which takes place this Saturday.

His father was selected first overall in his draft year and was named

the CFL's rookie of the year and runner-up as Outstanding Canadian.

"I'd like to know what's happening in the CFL Draft because it's really still a big deal for me, but other than that I'll try to keep my mind on the task at hand," he said.

It is expected Jamall will be selected in the first round, possibly by B.C., which has picks four through six and can afford to wait on Lee if he sticks in Carolina.

On Sunday, Western Ontario defensive lineman Vaughn Martin was selected in the fourth round of the NFL Draft by the San Diego Chargers.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Assessing spa cleanliness

Ask lots of questions, advises expert

JENNIFER YANG
for Metro Canada

Sometimes when life gets too frenzied, we need to stop, breathe and duck into the nearest spa. It's the perfect refuge — after all, where else can we go to cure both our spirits and our cuticles?

But with all that steaming and soaking, spas are also the perfect refuge for germs. Just ask Paula Abdul, who made headlines in 2004 when a dirty manicure gave her a nasty bacterial infection.

But short of smuggling

in Petri dishes under our terrycloth robes, how certain can we really be when it comes to spa cleanliness? In Canada, which has an estimated 3,000 spas, not even the rules are clear; mandatory spa standards have yet to be established and the industry still lacks a national regulatory body.

"As the industry's grown in leaps and bounds, we haven't really researched and paid attention to any level of standards," says Dr. Wendy Smeltzer, owner of Calgary's Santé Spa. "It's very difficult for the public right now to go in and know if they're getting an

appropriate level of cleanliness and service."

There are reputable spa associations, however, and Smeltzer is a founding member of Leading Spas of Canada, a nation-wide organization of about 175 members. Having developed its own cleanliness and hygiene standards, the association is now creating a quality assurance program that will ensure spas get periodically inspected.

But for today's nervous spa-goer, Smeltzer has one tip for relaxing those worries: Ask questions, lots of them. And start from the minute you walk in the door.

"Are they knowledgeable about procedures? Do they give guidance on appropriate etiquette? Did they ask you to fill out a health form?" Smeltzer asks. "Those are keys right there."

For Wanda Love, Leading Spas of Canada CEO, the devil can be in the details. If dust bunnies are collecting or towels piling up, then perhaps corners are being cut elsewhere as well.

"Just watch for little things," Love advises. "Do you see spa members washing their hands prior to the treatment? If you're walking barefoot, are they providing you with slippers? If you're getting waxing, are they double-dipping their applicator? That's not something you want to see."

And for spa expert Anne Dimon, editor of *traveltowellness.com*, sometimes



STOCK PHOTO

The spa industry still lacks a regulatory standards body, which is why it is important for spa-goers to ask questions about procedures. For instance, find out your spa practitioner's credentials.

the best proof comes on paper. Don't be embarrassed to ask for your spa practitioner's credentials, she says.

"When taking your car to get fixed you need to ask the kind of experience the mechanic has," Dimon says. "Why wouldn't you do that when someone's working on your body?"

"Just watch for little things ... Do you see spa members washing their hands prior to the treatment?"

Wanda Love, Leading Spas of Canada CEO

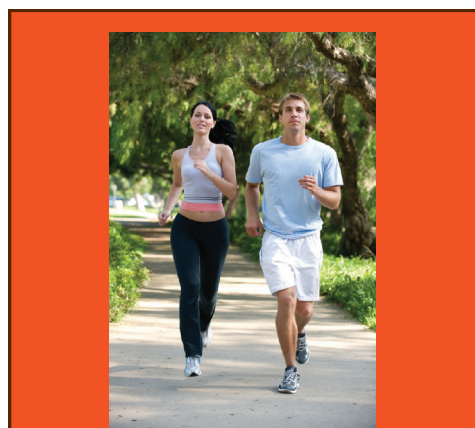


what to ask

Some questions to ensure a safer spa visit:

- Did you arrive early enough? Get there half an hour before your treatment so you can survey the premises, ask necessary questions and fill out health forms.
- Will you be using a whirlpool footbath and if so, is it being cleaned and sanitized between each use? If there are pipes attached, are they getting cleaned too?
- Did you shave your legs immediately before a body scrub or pedicure? Shaving can leave your skin extra sensitive and cause tiny nicks, which increase your chances of infection.
- When it comes to paraffin wax pots, are the spatulas being double dipped? An implement should never come into contact with your skin and then be re-submerged into a wax pot.
- How does your spa sterilize its tools? If they have an autoclave (which are used for surgical tools), then you know you're getting the gold standard of sterilization.

JENNIFER YANG/
FOR METRO CANADA



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Participants Needed for Online Sleep Aid Survey

Researchers at the University of Toronto and the University of Guelph are conducting a study of consumers' views on aids used to treat sleep difficulty. Interested consumers who have experienced difficulty sleeping during the last two years are invited to participate in an online survey. Individuals completing the survey will be entered into a draw to win **\$1,000** (the draw will be made Summer 2009).

Please contact the study coordinator Natasha Kachan at natasha.kachan@gmail.com or 416-946-7840 if you are interested in participating in this survey.

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health & beauty 13

Sexual esteem in a bottle

The J Spot

Josey Vogels

metronews.ca/thejspot

It's bad enough that women are being sucked into shelling out gazillions of dollars on anti-aging creams to "plump," "regenerate," and "revitalize" various body parts in hopes of clinging to our clearly more socially valued youthful selves.

Now we're being told our privates need rejuvenating as well.

A new product called pk24 claims to "temporarily return the vagina to a more 'youthful' physiological state, enhancing sexual gratification for a woman and her partner."

Dubbed and, yes, trademarked, "Feminine Sexual Esteem" (who knew it came in a bottle), pk24 "hydrates the interior walls of the vagina and reduces its interior dimen-

sions."

The cream's magical hydrating power comes from aloe, a basic moisturizer, while the tightening property is thanks to potassium alum, a natural astringent used in deodorant and products to seal shaving nicks and shrink hemorrhoids. It was also a secret tool used by 19th-century prostitutes.

While I'm sure there are women genuinely concerned about their lady bits, um, sagging with age, I suspect there are other forces at work pressuring us to do something about it.

For example, apparently, the female developer of the pk24 overheard a bunch of guys at a party talking about "how things had loosened up down there."

And, thanks to a very media savvy Dr. Matlock, the cosmetic surgeon behind The Laser Vaginal Rejuvenation Institute in Beverly Hills (and featured on Dr. 90210), vaginoplasties — a \$4,500-\$8,000 vaginal tightening surgery — are increasingly popular.

The American Society of Plastic Surgeons reported that "vaginal rejuvenation" surgeries jumped from 793 in 2005 to 1,030 in 2006. This despite the fact that the American College of Obstetricians and Gynecologists have warned that the methods are unproven and potentially risky.

At \$60 a bottle, pk24 is certainly safer and relatively cheaper than surgery. It also has a better-sounding name than some of its competitors like Instant Virgin or Liquid Virgin.

And while it's aimed at women "experiencing vaginal relaxation — generally, the result of childbirth and aging," I can't help wonder: After a lifetime of gynecological concerns, childbirth and everything else our vaginas go through, don't they deserve to relax a little?

For more info, go to pk24.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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THE GREAT TOOTHBRUSH DECISION!

In past articles, we have discussed the importance of proper care of your toothbrush. Running your brush through the dishwasher once per week is a great way to remove a significant amount of the bacteria that can otherwise accumulate on a brush.

Of course, to ensure that the bristles of your brush remain as effective as possible, we also recommend changing your brush at least every three months. If you experience a cold, you should change your brush once you regain your health to make sure the germs from the cold are not recycled through your family again.

The difficult question can be what brush should you purchase. It is hard to believe that there could seem to be so many variations to an object as small and simple as a toothbrush. But when you walk into a drug store looking for a new brush, the vast array of choices can be overwhelming.

And that is before one of the more basic questions...should you buy a manual brush or an electric brush?

On that front, there is a lot to



Dr. Martin LaBoissonniere
Dental Surgeon

recommend with respect to changing to an electric brush. While proper brushing technique will allow you to properly clean your teeth with a manual brush, many people have found that electric brushes provide them with cleaner teeth.

Quite simply, the rotating movement of an electric brush often does a better job removing more plaque than you can with a manual brush. Removing more plaque means stronger teeth and healthier gums.

The key is to find a brush that is comfortable to hold. A poorly designed electric brush can be awkward to control and may

prevent you from applying the brush at the appropriate angle to remove the maximum amount of plaque from your teeth. This is particularly important for people with arthritis or other conditions that make it difficult for them to hold and control a brush.

Many electric brushes come with other ideal features, such as power control and timers. Timers are particularly valuable as they help ensure people brush for the required amount of time, usually two minutes. This is a wonderful feature for children who otherwise might not brush long enough.

The truth is that you can properly take care of your teeth with a manual brush. Obviously, manual brushes are much less expensive. But many people feel an electric toothbrush is worth the investment. The important factor is to find a brush that YOU find works best for YOU and encourages proper brushing. Because proper brushing is a healthy habit...and healthier habits lead to healthier lives.

Dr. Martin LaBoissonniere
Dental Surgeon

Casey Aldridge — the father of Jamie Lynn Spears' 10-month-old daughter Maddie — has been charged with careless operation of a motor vehicle, a misdemeanor, after a single-car crash on Sunday, TMZ reports. USMAGAZINE.COM

Spears' boyfriend charged

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Tech support

Hilary Duff has to be supervised when using the Internet. The actress struggles with technology and asks her boyfriend, Ottawa Senator Mike Comrie, to help when surfing the web. FEMALEFIRST.CO.UK



Death Row's new life

Canadian company takes over groundbreaking rap label

JASON RICHARDS
for Metro Canada



No one was more surprised than Lara Lavi when her fledgling label, WIDEawake, beat out the considerably more major Warner Music Group at the bankruptcy auction for Death Row Records in January.

"I honestly wonder what happened there," Lavi says. "We thought they were going to aggressively outbid us. Maybe they thought the sky was the limit for us."

After spending \$18 million, WIDEawake now has the gangsta rap-pioneering label's whole catalogue (including classic and unreleased material by Tupac Shakur, Dr. Dre and Snoop Dogg) at its disposal, and the limit really is

the sky. If they wanted, they could licence those records ad nauseam to anyone and everyone. Thankfully, the new label has no intention of lowering that music's integrity.

"It's not going to be a case of us saying let's make a Barry Manilow-Tupac remix album," assures WIDEawake's vice president John Payne, who was a studio engineer during Death Row's early days.

"Or a Fergie-Tupac record," Lavi adds.

Which is a relief for the late rapper's fans, who had to witness Tupac's legacy watered down by a stream of poor posthumous releases slapped together in the years following his death.

But even if Lavi and Payne changed their tune and decided to bless Fergie with a

Tupac ghost vocal, they'd be met with a share of resistance. Ever since the Death Row purchase, WIDEawake's staff has been inundated with messages from people who care deeply about the catalogue's fate.

"Everybody has been telling us what and what not to do, kindly, and sometimes forcefully," says Payne.

And while WIDEawake promises to move forward respectfully, down to seeking feedback from every artist concerned, obviously there's tremendous market potential for all the material they now own.

In addition to a storage room in Los Angeles that Lavi compares entering to "walking into the end of the Raiders Of The Lost Ark," Death Row boasts a seemingly infinite supply of video footage and roughly 4,000 more songs discovered in Michigan.

"The catalogue is

far more vast than anyone had realized," says Payne. "There's R&B. There's gospel. There's things that people wouldn't assume when they think 'Death Row.' So there's gonna be a lot more surprises, some very very good surprises."

Naturally, WIDEawake intends to harness the internet's power to deliver said surprises. Expect an online portal, which will feature a Death Row TV channel to feature artists and exclusive tracks, as well as message boards for interaction among the label's community of fans.

And it is ultimately all about community for Lavi and Payne, in terms of the stable of artists Death Row had developed over the years as well as potential newcomers to the label. WIDEawake sees



Toronto-based WIDEawake acquired rap label Death Row Records in January. The company now controls a catalogue that includes material by Tupac Shakur, above, Snoop Dogg and others.

the future of Death Row as an opportunity to get past the negativity of gangsta rap turf wars that had overshadowed the label's

original goal — making good music.

Says Payne, "We just want to get back to the original intent."

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Undead Evan

Evan Rachel Wood will play a vampire queen on the second season of HBO's *True Blood*. Wood will play the Queen of Louisiana, a 400-year-old vampire who rules over the undead world residing in the Bayou State. **TVGUIDE.COM**



Six Degrees of a guitar-pop band

Musical connections are key to The Pains of Being Pure at Heart

ROB MC MAHON
for Metro Canada



The Pains of Being Pure at Heart are one hyper-linked band. While their nostalgic guitar pop stands strong enough alone, you can crack each song open to find a labyrinth of references and shout-outs: a technique singer-guitarist Kip Berman ascribes in part to the late Kurt Cobain.

"Bands when I was growing up (did that). I remember Nirvana, back when I was a 14-year-old, got me to check out the Vaselines," he said. "I probably wouldn't know about the Vaselines if Kurt Cobain didn't say their name every 10 seconds."

The band's song Contender isn't about Robert De Niro's and Marlon Brando's speeches in *Raging Bull* and *On the Waterfront*, but rather to Exploding Head and its track I'm a Pretender, which soundtracks shared memories for Kip and bassist Alex Naidus. The drums on Gen-



The Pains of Being Pure at Heart are passing past musical references on to younger listeners.

tle Sons recall the caveman drumming of the Jesus and Mary Chain's *Psychocandy*, which in turn offered a fuzzy, noisy re-interpretation of the "wall of sound" production style of '60s girl groups and the Beach Boys.

"We're all big fans of pop, and (are) a lot of antecedents to our music, so we drop in references to stuff we're fans of," he

said. "We're hoping to pass on (references) to young listeners who maybe haven't heard them yet."

Asked if the band's digital career paths (Naidus reviews Canadian releases for a music website and keyboardist Peggy Wang-East aggregates online trends) impacted their songwriting, Berman said not consciously.

But upon reflection, he

said the band's approach — an interest in "hyper-linking" sounds and in archiving older music — fits closely with web culture.

"Now that I think about it, yes," he said. "(It's been amazing) meeting people from bands who are a big influence to us, but are not well-listened to. Some maybe put out an album in 1987, or maybe two sin-

"There (are) a lot of antecedents to our music, so we drop in references to stuff we're fans of."

Kip Berman

gles, and then wondered if anyone ever heard them, if people cared. We want to show them we (did)."

Given Naidus' job sifting through Canadian releases, the band maintains a steady flow of Canuck tunes. So Berman gave shout-outs to some favorites: Early Stars, the Dears, Women and most of all, Dan Bejar's *Destroyer*. "Destroyer writes the best pop songs about pop. They're wonderfully self-referential in a non-indulgent way," said Berman.

"(Bejar) uses other people's lyrics and song names, but not like stealing or anything. He's working with them in his own way — re-purposing them for different uses... he's about as good as it gets."

Swine flu fears shutter movie theatres around Mexico City

FILM The swine flu outbreak in Mexico has forced the nation's top movie-theatre chains to shut down dozens of cinemas throughout the nation's capital.

Market leader Cinemopolis said its theatres in Mexico City, the surrounding state of Mexico and the northern state of San Luis Potosi will be closed "until further notice." Cinemopolis rival Cinemex also has closed numerous theatres in the region until at least Tuesday. Cinemopolis and Cinemex operate 13 of the nation's 25 most profitable theatre complexes. On Friday, the government shuttered schools, state-run theatres and museums, and apparently they will remain closed this week. Numerous concerts, cultural events and stadium events have already been cancelled. According to the National Film Chamber, Mexico ranked 13th worldwide in box office receipts last year. **REUTERS**

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Cowell 'embarrassed'

Simon Cowell admits he didn't see Susan Boyle's rampant success on Britain's Got Talent coming.

"I wouldn't have sat here five weeks ago and said the person to watch out for is Susan Boyle," Cowell said in Los Angeles recently will promoting this summer's American version of the TV show.

"We were all guilty on the panel of judging her before she sang and got it completely and utterly wrong. And you watch it back, and it's embarrassing."

But with all the hubbub about the 47-year-old's

makeover and her underdog story, Cowell worries people are losing focus on what really matters. "She has got four weeks to

to sing better than she sang before with all that expectation on her," he said.

"But it could all go horribly wrong now because there's so many other distractions."

But is Cowell jealous of the fact that Boyle, who has reportedly never been kissed, has said she'd prefer fellow judge Piers Morgan over him for that first smooch? "Yes, it's kept me awake at night, that one," he said.

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Entertainment in brief

TV Pamela Adlon, who provides the voice of youngster Bobby Hill on King of the Hill, will star opposite

Adam Carolla on the CBS family comedy pilot Ace in the Hole. Carolla plays a husband and father who works as a

driving instructor. Adlon will play his caring wife, a nurse and mother of two.

REUTERS

DVD picks

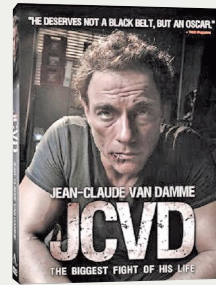
JCVD

Director: Mabrouk El Mechri

THE SURPRISINGLY soulful JCVD takes it to a whole other level of fun and fascination with a Rashomon-like story wherein Van Damme plays himself as an action hero in decline — not far from the truth, in other words — whose life become far more complicated than any movie plot he's ever put his name to.

He's in the midst of a rancorous child custody dispute, battling a duplicitous agent and jousting with eternal rival Steven Seagal (who stole a movie role Van Damme wanted by agreeing to cut off his ponytail). Returning to home turf Brussels for some necessary head clearing, Van Damme gets caught up in a hostage-taking incident at a post office. Both the bad guys and the good guys think Van Damme is really being Van Damme. Except he's not.

Writer-director Mabrouk El Mechri keeps us guessing as to what is really going on, and Van Damme is completely in on the joke



— but is it really a joke?

Too bad Van Damme doesn't take the self-deprecation one step further by offering a DVD commentary, but maybe that would be too much introspection. The extras are just deleted and extended scenes.

Bride Wars

Director: Gary Winick

DEDICATED TO the notion, like so many romcoms before it, that even the most sensible woman turns into a Bridezilla once an engagement ring is slipped onto her finger, Bride Wars has the added misfortune of seeming wholly out of touch with recessionary times.

Could there be a more vulgar or trivial premise than two "best friends forever" who scratch each other's eyes out because each wants to spend a fortune on lavish weddings on the same day?

Some girls dream of forging world peace or finding a cure for cancer. Not school teacher Emma (Anne Hathaway) and corporate lawyer Liv (Kate Hudson), who hardly care what man they land as long the nuptials occur in June in New York's luxurious The Plaza Hotel.

A mistake by Manhattan's top wedding planner, Marion St. Claire (Candice Bergen), results in both weddings — gasp! — being booked into the Plaza on the same day. Emma and Liv morph into stop-at-nothing rivals, each vowing to sabotage the other's special plans.

Bride Wars is overlong and episodic, which is what you'd expect from a committee of writers, but it's passably amusing.

Extras include deleted scenes and a featurette about wedding dresses.

TORSTAR NEWS SERVICE

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/28/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin	A Married Couple (1969, Documentary)	Around the World			
	211	331	3	ETV	ET Canada	Entertainment	NCIS "Legend" (N)	90210 (HDTV) (N)	Cold Blood "Disturbed"	News		
	-	-	5	SRC	Squelettes	La Factice (N)	Beautés désempées (SC)	Les Galas 2007 du Festival	Le Téléjournal et Les Nou	La Zone		
	209	342	6	CHRO	Instant Star	TMZ (N)	Reaper (HDTV) (N)	Dancing With the Stars	(10:02) Without a Trace (N)	Comedy Now		
	196	311	7	CTV	Hollywood	etalk	American Idol	(9:01) Fringe (N)	Law & Order: SVU	News (N)		
	208	303	8	CBC	TBA	TBA	To Be Announced	To Be Announced	CBC News: The National	The Hour		
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)	Law & Order: SVU	News (N)			
	117	713	10	TVA	Qui perd gagne (SC)	La Fiebre de la danse (SC)	Nos étés (HDTV)	Pushing Daisies (SC)	TV 22 heures (10:45) Denis Lévesque	Loft Story		
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	137	763	12	TFO	Panorama	Dr. Phil (HDTV)	NCIS "Legend" (N)	The Mentalist (HDTV) (N)	(10:01) Without a Trace (N)	Tourna		
	-	362	13	CBS	Raymond	Raymond	News (N)	News (N)	Two/One	King		
	216	395	14	OMN2	Law & Order: SVU	According-Jim	According-Jim	Rita Rocks	Curb-Enthus	Friends	News (N)	
	214	344	15	CITY	2Half Men	The Simpsons	News (N)	Vivere II	The Simpsons	King of the Hill	News (N)	
	115	343	16	CFMT	The Insider (N)	E! News	The Biggest Loser (N)	According-Jim	Dancing With the Stars	Dr. 90210	News (N)	
	218	345	18	E!	News (N)	Entertainment	Heure polit.	L'Heure politique	Revue	Periode-quest.		
	-	361	20	ABC	La Période de questions	Happy Days	Michael Coren Show	100 Huntley Street	Life Today	This Is Day	John Hagee	
	512	396	24	CPAC	515 355 25 CTS	Seinfeld	American Idol	(9:01) Fringe (N)	News (N)	News		
	-	365	36	FOX	Business Rpt.	Walk in Park	Nova (HDTV) (DVS)	Frontline (N) (DVS)	Secrets of the Dead (N)	Charlie Rose		
	205	312	104	CTV	Hollywood	etalk	American Idol	(9:01) Fringe (N)	Law & Order: SVU	News (N)		
	502	390	26	NW	CBC News	Newman	Planet Earth	CBC News: The National	CBC News: The National	National		
	500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown: No Bias	Larry King Live (N)	Anderson Cooper 360 (HDTV)	MLB Baseball	Sportsnet Con.		
	406	417	27	net	MLB Baseball Boston Red Sox at Cleveland Indians. From Progressive Field in Cleveland.	Grandes reportages (SC)	La Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal		
	126	730	28	RDI	NHL Hockey: Eastern Conference Quarterfinal Game 7 -- Rangers at Capitals	NHL Hockey	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	Hockey Talk			
	410	403	52	SCR	Cabby Unlmit	NBA Basketball Teams to Be Announced. (Live)	Departures	Mantracker	Bounty Hunter	Bounty Hunter	Departures	
	411	457	56	OLN	Bounty Hunter	Pass Time	Low Life	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	
	417	406	59	SC	Pimp My Ride	Total Drama	6TEEN	Futurama	Robot Chicken	American Dad	Moral Ore	
	554	544	48	TEL	Survive This	Survive This	Malcolm-Mild.	Futurama	Ned's School	Cory in House	Mystery Hnt.	
	551	542	65	YTV	The Daily Fix	The Daily Fix	Ranked!	Hogan Knows	Gene Simmons	The Daily Fix		
	570	580	29	MTV	CSI: Miami "Payback"	The First 48 (HDTV)	UFC Unleashed	Manhunters	Manhunters	Manhunters		
	615	520	31	A&E	CSI: Crime Scene Invstgn.	Lottery Changed My Life II	18 Kids-Count	18 Kids-Count	Extreme Aging: Hayley's Story	Lottery Chg.		
	628	584	32	SPKE	Kids by the Dozen	Survive	Mutant X "Interface"	Testes	Trailer Park	Saving Grace (HDTV) (N)	House	
	521	560	34	TVL	Survive	Live at the Rehearsal Hall	How It's Made	How It's Made	Destroyed	Time Warp (N)	Deadliest Catch (N)	
	145	761	35	TLC	Survive	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Jessica	
	616	521	39	BVO	The Outer Limits	Rich Poor	Rich Poor	Rich Poor	Rich Bride, Poor Bride	Rich Bride, Poor Bride	ET Canada	
	520	523	40	SHO	Ferron: Girl on a Road	Home Improve.	Reba	Reba	Roast of Pamela Anderson	Daily Show		
	520	505	42	DIS	Daily Planet (N)	Cross Canada Countdown	Home Improve.	Reba	Roast of Pamela Anderson	Daily Show		
	575	583	43	CMT	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Roast of Pamela Anderson	Daily Show		
	601	562	45	SCL	Air Force	Just for Laughs	Rich Poor	Rich Poor	Roast of Pamela Anderson	Daily Show		
	625	548	46	TBS	MLB Baseball St. Louis Cardinals at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	Holmes-Homes	
	294	529	47	COM	House Hunters	Property Virgin	Star Trek III: The Search for Spock *** (1984, Science Fiction)	Beatdown	College Life	College Life	Beatdown	
	600	564	49	H&G	Stargate Atlantis	(DVS)	Canada's Next Top Model	Seinfeld	Seinfeld	Seinfeld	Seinfeld	
	627	528	50	SVC	Mom & Dad	After	Tube Tales	Seinfeld	Seinfeld	Seinfeld	Seinfeld	
	581	566	53	MTV	Vanity Insanity	Tube Tales	Sandhogs "Job Security"	Images-chocs	NCIS "Stakeout"	Sea Hunters		
	618	524	54	TROP	NCIS "Stakeout"	99 histoires de...	Chambers	On the Buses	Quantum Leap	Style by JURY	Style by JURY	
	522	506	55	HIS	Biographies	Remedy Me	Keep Real	Cashing In	Look-A-Like	Look-A-Like	Look-A-Like	
	129	773	60	CND	Murder, She Wrote	Will & Grace	Friends	Storytellers	The Ellen DeGeneres Show (N)	TMZ		
	261	394	61	V	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Look-A-Like	Look-A-Like	Look-A-Like	
	602	567	62	W	The Ellen DeGeneres Show (N)	TMZ	Restaurant Makeover	The F Word	Good Eats	Good Eats	Iron Chef Am.	
	269	500	70	APTN	Chef at Home	French Food						
	621	527	71	TLK								
	603	561	95	FN								

critics'corner

Scotty Moore & Friends: A Tribute to the King of Rock and Roll

Who's Scotty Moore? Tennessee-born Moore is a guitarist who played with Elvis, starting with his first hit, "That's All Right (Mama)" in 1954. Moore gathers some other musical legends to perform Presley's music, including Eric Clapton, David Gilmour, Mark Knopfler, Ron Wood and Bill Wyman. 9 PM on 40 BVO



NCIS
The death of a Marine leads Gibbs and McGee to the NCIS Office of Special Projects, where the investigation assumes vital importance. Chris O'Donnell and LL Cool J guest star in "Legend (Part 1)," which also is the pilot for an "NCIS" spinoff. 8 PM on 13 CBS 3 GTV

Fringe
After mutilated bodies drained of their spinal fluid start piling up, the Fringe Division's investigation leads to a scientist who may have ties to the Z.F.T. bioterrorist cell. Olivia, Peter and Walter take measures to stop the murders in the new episode "Midnight." 9:01 PM on 7 CTV 36 FOX 104 CTV

Kenya'sStyle

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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No purchase necessary. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes May 7th at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

Kate Mara will be joining the cast of Entourage this season, tvguide.com has confirmed. The young actress will play E's new assistant at his fledgling talent-management company, and perhaps his love interest as well. **METRO NEWS SERVICES**

Celebrity Buzz

Miley channels the Bard

CAREER Miley Cyrus performed Shakespeare sonnets to prepare for Hannah Montana: The Movie, femalefirst.co.uk reports.

Director Peter Chelsom made the 16-year-old star follow drama school teaching techniques to keep her focused on her scenes, including avidly studying the Bard's famous works.

"We did stuff before we started filming that was just the kind

of stuff you'd do at drama school, you know," he said.

"Did I give her a detention? No.

I made her read a sonnet though.

A Shakespeare sonnet. She said, 'Oh no I can't.' I said, 'Let's do it be-

cause it'll be the most difficult thing you'll ever do.' We did all that kind of stuff. It was remarkable.

"We used to have this code where I would say, 'This means focus, because I don't want to have to shout at you across the set!'"

Despite her young age, the 53-year-old British director is convinced Miley has a successful career ahead of her.

He explained: "I think she has a real range, I think she's capable of like a Juno film, I think she's

capable of that, and I think she's here for the long run."

Meanwhile, Cyrus took to her Twitter account to clear up rumours that she's getting back with ex Nick Jonas and dumping boyfriend Justin Gaston.

"It makes me sad to think that people out there aren't friends with their (ex-boyfriends), because let me tell (you) it is possible," she wrote. "Justin and Nick are two very amazing people and they both mean so much to me."

METRO NEWS SERVICES



John proves singledom

PEOPLE John Mayer swears he's single, usmagazine.com reports. Despite rumours that the singer has found a new girlfriend, Mayer tells paparazzi that there's no special someone right now.

"If I had a girlfriend, she would be incredibly offended by me saying, 'I don't have a girlfriend,'" Mayer told x170nline.com.

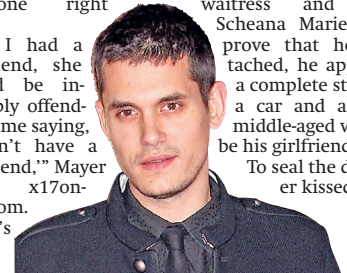
"That's how

you can be sure. I could say, 'I'm not with anybody.' That'd be a death wish if you were the woman."

People reported Friday that Mayer has been spending time with cocktail waitress and actress Scheana Marie, but to prove that he's unattached, he approached a complete stranger in a car and asked the middle-aged woman to be his girlfriend.

To seal the deal, Mayer kissed her.

METRO NEWS SERVICES



Lindsay and Sam stage comeback?

RELATIONSHIP Looks like Lindsay Lohan and Samantha Ronson may be heading for a comeback. The two have apparently been meeting up on the sly, first with Ronson spotted leaving Lohan's house at 6 a.m. after spending the night, and then with Lohan showing up at Ronson's the very next night, according to Hollyscoop.

Coincidentally, Ronson changed her Facebook relationship status from "single" to "it's complicated" around the same time.

METRO WORLD NEWS



The dish on Speidi's wedding

MARRIAGE Stephanie Pratt says Spencer Pratt and Heidi Montag's wedding Saturday was "amazing."

"Heidi looked amazing," she told MTV News. "She was wearing a million dollars worth of diamonds over a strapless Monique Lhullier dress."

Even though the couple kept their

composure during the ceremony, Pratt said she

couldn't help but get emotional.

"I was up there, and her back was towards me, so I don't know if she was crying," said Stephanie, who was a bridesmaid. "But she was getting mad at me if we would start crying so that she wouldn't start crying."

As for her brother? "He was really good," Pratt said. "He was really happy."

METRO NEWS SERVICES



Brangie put stop to tell-all book

LEGAL Former celebrity bodyguard Mickey Brett was set to tell all about former clients such as Tom Cruise, Nicole Kidman and Richard Gere, according to proposals obtained by Rush & Malloy.

But once Brad Pitt and Angelina Jolie got wind of the

projects — which would dish dirt on them — their lawyers quickly put a stop to it. Their attorney, Marty Singer, says Brett's a "pathological liar" who faked a British SAS military history, among other things.

METRO WORLD NEWS



Britney mediates Dolls

DISPUTE Tensions are heating up among the Pussycat Dolls over speculation that lead singer Nicole Scherzinger is planning to go solo.

"It's like a modern-day version of the Diana Ross and the Supremes thing," a source tells the Chicago Sun-Times. But

the group has found an unlikely mediator for their dispute: Britney Spears, who has the group opening for her on the North American leg of her tour.

"Remember, business comes first," Spears reportedly lectured the girls recently. "You can hate each other offstage, but make it work onstage."

METRO WORLD NEWS



Robert in it for the girls

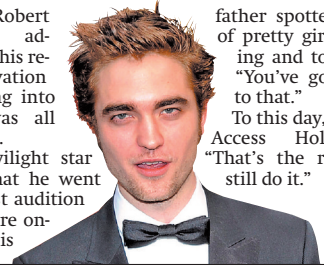
CAREER Robert Pattinson admits that his real motivation for getting into acting was all the ladies.

The Twilight star admits that he went to his first audition at a theatre only after his

father spotted loads of pretty girls arriving and told him, "You've got to go to that."

To this day, he tells Access Hollywood, "That's the reason I still do it."

METRO WORLD NEWS







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SLICES for SMILES

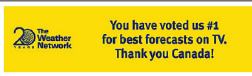
APRIL 27 - MAY 3

MEDIUM CHEESE or PEPPERONI PIZZA

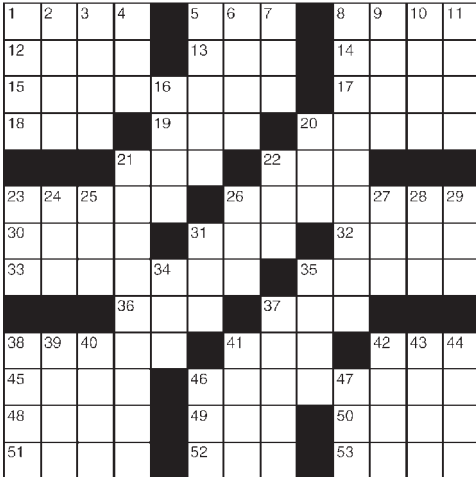
Order a medium cheese or pepperoni pizza and we will donate 50¢ from every pizza sold to Children's Miracle Network.

Thanks again for your support!



For more delicious Metro recipes, visit: metronews.ca/food



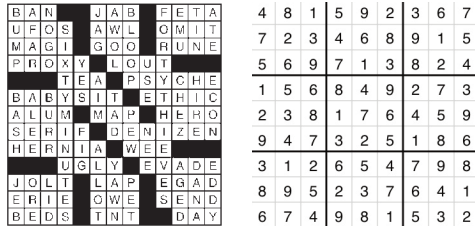
Crossword across

- | | | |
|---------------------|----------------------------|---------------------------|
| 1 Put together | member | 37 Colouring |
| 5 Sleeve filler | 20 Biblical poem | 38 Sad look |
| 8 Bloke | 21 Weep | 41 Gear tooth |
| 12 Godmother, often | 22 Petrol | 42 That girl |
| 13 Halloween shout | 23 Bride's stuff | 45 Stromboli spillage |
| 14 Judicial raiment | 26 Showy display | 46 Saw type |
| 15 Medieval weapon | 30 Allegheny + Monongahela | 48 List-end abbr. |
| 17 Terminer partner | 31 Hula hoop, e.g. | 49 Weeding tool |
| 18 Corrode | 32 Pedestal occupant | 50 Cougar |
| 19 Household | 33 Lab creation? | 51 "Wunnerful" bandleader |
| | 35 AKC category | 52 Unfriendly |
| | 36 Scatter seed | 53 Pumps up the volume |

Crossword down

- | | |
|-----------------------------------|--------------------------|
| 1 Spiked club | 25 Triumph |
| 2 Ambience | 26 Distant |
| 3 Entanglement | 27 Expert |
| 4 UFO crew? | 28 Shad product |
| 5 Westminster, e.g. | 29 Remnant |
| 6 Source | 31 Hardly any |
| 7 Tend the lawn | 34 Heavy weight |
| 8 Rapid, heated exchange of words | 35 Elmer's annoyner |
| 9 Georgetown athlete | 37 Nonsense |
| 10 First victim | 38 Took off |
| 11 Hair salon request | 39 Assess |
| 16 Agile | 40 Ellipse |
| 20 Zero-star review | 41 Gator's cousin |
| 21 Pedestrians' place | 42 Pond gunk |
| 22 Peregrinate | 43 Igor's deformity |
| 23 Comic DeLuise | 44 Greek vowels |
| 24 Discoverer's cry | 46 Windy City, for short |
| | 47 Masseuse's workplace |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min.....Smart
Under 13 min.....Genius	21-25 min.....Not bad
13-17 min.....Scholar	25+ min.....Keep practising

Metro Recipe of the Day



Arabian-Style Beef with Flat Bread

INGREDIENTS:

- 1 cup (250 ml) pine nuts
- 1 tbsp (15 ml) olive oil
- 1 large onion
- 1 lb (450 g) lean ground beef or lamb
- 1 tbsp (15 ml) ground cumin
- 1 tsp (5 ml) ground allspice
- 1 can (10 oz / 284 ml) chopped tomatoes
- Bunch of coriander
- 1 cucumber
- 1/2 crisp lettuce

TO SERVE:

- 3/4 cup (175 ml) sour cream, 8 soft flour tortillas or pita breads

METHOD:

- Preheat oven to warm the bread. Dry-fry pine nuts in large frying pan, shaking and stirring frequently until lightly browned. Transfer to bowl and set aside.
- Add olive oil to pan and heat slowly. Halve, peel and chop onion, then fry

over moderate heat until softened, 3 minutes. Add meat and fry until brown, stirring to break up lumps. Stir in cumin, allspice and tomatoes and their juice and simmer 10-15 minutes, stirring occasionally.

3. Rinse, dry and chop enough coriander to give 4 tbsp (60 ml) and set aside. Rinse, dry and chop cucumber; rinse, dry and shred lettuce. Place in separate serving bowls. Put bread into oven to warm.

4. When the meat is cooked, stir in coriander and pine nuts, heat through, then transfer to serving bowl. Put bread into napkin-lined serving basket to keep hot. Serve immediately.

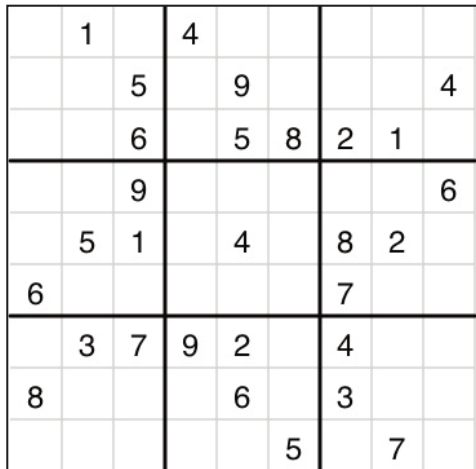
SERVES 4



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

ARIES
MARCH 21-APRIL 20
Yield to practicalities if a player leaves you stranded. Money is an issue with an unexpected bill. Colossal obstacles will flabbergast you.

LIBRA
SEPT 23-OCT 23
A narcissist gets trapped by flattery. A stubborn person creates disharmony. Good fortune comes through travel.

TAURUS
APRIL 21-MAY 21
A financial temptation is presented. Unlikely events cause heads to spin. An obnoxious elder causes you to respond truthfully.

SCORPIO
OCT 24-NOV 22
Pay close attention to a mystifying message. Time passes too quickly to have a revelation. Something exciting will happen.

GEMINI
MAY 22-JUNE 21
Fear turns to happiness after an act of kindness. You're not living in denial anymore. Take time to reflect on your actions.

SAGITTARIUS
NOV 23-DEC 21
Treat meddling people kindly. Avoid annoying anyone who could do you a favour. Watch out for wonderful opportunities that arise.

CANCER
JUNE 22-JULY 22
A sudden attraction heightens tension. A stranger's remark reveals a plan for success. Be prepared to discover who is at fault.

CAPRICORN
DEC 22-JAN 20
A respected man tries to undermine your reputation. There'll be a problem with shoes. Don't pretend to be unconcerned.

LEO
JULY 23-AUG 23
A liar has a big payoff. Under-standing an issue will free you from inconsistent behaviour. Don't try to enforce a diet.

AQUARIUS
JAN 21-FEB 18
A friend is tired of living a predictable life. Bail someone out of bad situation. A woman risks falling under a love spell.

VIRGO
AUG 24-SEPT 22
A love affair restricts your movements. Boasting causes a major crisis. An amazing adventure is unfolding before your eyes.

PISCES
FEB 19-MARCH 20
A team puts up a roadblock. Independent action soothes your soul. Concentrate on optimism in an uncertain venture.

You take 4,000 steps a day. On May 3rd, use them to help kids talk.

Walk for Kids Help Phone

Register, pledge or volunteer at: walkforkidshelpphone.ca

WORDY GURDY

1. "Lower your head, singer Berry!" (1)

2. Pinch the bum of a kid lit Dr. (1)

3. Lair of famed architect Christopher (1)

4. Peddle billboard-writing material (1)

5. Comedictor Williams moppin' the deck (2)

6. Mindlessly mimic ex-NASCAR star Dale (2)

7. "The Silence of the Lambs" agent Clarice growling (2)

8. Horn swabber (2)

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This day in history

APRIL 28, 1902: Using the ISO 8601 standard Year Zero definition for the Gregorian calendar preceded by the Julian calendar, the one billionth minute since the start of January 1, Year Zero occurs at 10:40 a.m. on this date.

APRIL 28, 1930: The first night game in organized baseball history takes place in Independence, Kansas.

APRIL 28, 1932: A vaccine for yellow fever is announced for use on humans.

APRIL 28, 1945: Benito Mussolini and his mistress Clara Petacci are executed by a firing squad consisting of members of the Italian resistance movement.

METRO NEWS SERVICES

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